INFLUENZA VACCINATION PROGRAM INFORMATION 2005-2006

•The flu vaccine is expected to arrive at military treatment facilities sometime between the middle to late October. Once the vaccine arrives, we will begin vaccinating as recommended by the Centers for Disease Control and service guidance. Additional information on times and locations for obtaining flu shots will be distributed when the vaccine is received.
•The flu season is generally between November and May.
•Symptoms of flu include: fever, headache, fatigue, dry cough, sore throat, runny or stuffy nose, muscle aches, and stomach symptoms.
•Who should not be vaccinated: People who have a severe allergy to chicken eggs. People who have had a severe reaction to an influenza vaccination in the past. People who developed Guillain-Barre syndrome (GBS) within 6 weeks of getting an influenza vaccine previously. Children less than 6 months of age. People who have a moderate or severe illness with a fever. (vaccination can occur once their symptoms lessen.)

Vaccination is not the only way to Help Prevent the Flu

AVOID CLOSE CONTACT-Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
STAY HOME WHEN YOU ARE SICK-If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
COVER YOUR MOUTH AND NOSE-Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
CLEAN YOUR HANDS-Washing your hands often will help protect you from germs.

AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH-Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
OTHER GOOD HABITS-Such as getting plenty of sleep, engaging in physical activity, managing stress, drinking water, eating good food, will help you stay health in th

If you contract the flu, there are medications that are available to help. Your provider will be happy to discuss this with you if necessary. For more information on Tripler Army Medical Center's Program, please call our Flu Hotline at 433-3357.